**  
Produce** **Meat** **Fish**

3 Tomatoes 1 Pack of Center Cut Bacon 2 lb Fresh or Frozen Cooked Shrimp

1 Head Iceberg Lettuce 3 Pounds Ground Turkey Breast 1 Can Tuna in Water

1 Head Garlic 3 Pounds Chicken Cutlets

1 Cucumber 4 Split Chicken Breasts

2 LB Parsnips

5 Green Peppers **Dairy** **Dry Goods**

3 Jalapeno Peppers

3 Onions 2 Dozen Eggs 2 Cans Fat Free Refried Beans

3 Big Heads of Broccoli 16 oz Nonfat Cottage Cheese Hellmann’s Light Mayonnaise

2 Baked Potatoes I Can’t Believe Not Butter Spray Reduced Sugar Ketchup

4 Corn on Cob (or Frozen Corn) Quart Skim Milk Peanut Butter

2 Zucchini (Large) Whipped Butter Rice Wine Vinegar

Bananas 32 oz Greek Nonfat Yogurt Taco Sauce

2 Large Cantaloupe Kraft Fat Free Shredded Cheddar 2 15 oz Cans Tomato Sauce

2 Large Honeydew 1 Can Water Chestnuts

Watermelon **Soup** 1 Can Mushrooms

1 Apple Soy Sauce

1 Can/Container Chicken Broth Oyster Sauce

**Cereal** 1 Can/Container Beef Broth Pasta

2 Progresso Heart Healthy Italian 2 Cans Chickpeas

Cheerios Wedding Soup 1 Can Pineapple Chunks (in Water)

White or Brown Rice

**Pantry Items** **Breads/Crackers** Unsweetened Applesauce

Sugar Free Jelly

Salt Black Pepper Graham Crackers

Cumin Splenda Brown Sugar Mini Bagels **Snack Aisle**

Sweet Paprika Cinnamon Sara Lee White w/Whole Grain

Cornstarch Self Rising Flour Bread Baked Cheetos

Splenda/Sweet n Low

Cooking Spray **Optional**

Garlic Powder White Ground Pepper

Himalayan Pink Salt